



SENIOR UPDATE  
AREA AGENCY ON AGING  
ADVISORY COMMISSION ON AGING  
4955 FOOTHILL BLVD., SUITE 300  
OAKLAND, CA 94605-1907

July/August/September 2019

# Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

**Division of Aging & Adult Protection at the Alameda County Fair**  
**Jose Villafior, Area Agency on Aging**

## Inside this issue:

DAAP at the Alameda 1  
County Fair

Container Gardening 2

Healthy Living Festi- 3  
val

Know Abuse Report 4  
Abuse

Alameda County 4  
Long Term Care OM-  
BUDSMAN

Beware of People Pre- 5  
tending to be from  
Social Security

Start on the Right 6-  
Foot this Summer: 7  
Healthy Feet and a  
Healthy Life! & Step-  
Up and Join Medica-  
tion Safety !

Dates to Remember 8

The Alameda County Fair is upon us and it's that time of year for carnival rides, horse races, summer time concerts, exhibits, and much more until July 7, 2019. It was the second day the Division of Aging & Adult Protection partnered with the Advisory Commission on Aging, the OMBUDSMANS Program, Alameda County District Attorney, and Legal Assistance for Seniors to help promote Elder Abuse Awareness Month.

The day included fun, awareness on elder abuse, information and assistance to those who visited the tent, and the opportunity to talk with staff and their related programs.

It was a successful two days at the fair and we hope to have an even bigger presence in 2020!



## Container Gardening

**Mary Louise Zernicke, Area Agency on Aging Senior Nutritionist**

Maybe you are not allowed to plant a garden because you rent an apartment or a house, or maybe you just do not have enough yard space available for a garden. Either way, container gardening is an easy way to grow your own produce without worry. Picking the produce at peak ripeness will make your meals delicious.

The following fruits and vegetables are appropriate:

Strawberries

Tomatoes

Carrots

Salad greens

Peppers

Cucumbers

Eggplant

Green Beans

Green Onions

Squash



Choose almost any container, just so it is large enough. You can use flower pots, buckets, wire baskets, wooden boxes or washtubs. Use at least a 4-gallon container for larger plants, such as tomatoes, carrots, cucumbers and peppers. If you choose a terra-cotta container, beware of over-drying. Line wooden containers with plastic to prevent rotting. Make sure that your container has drainage holes in the bottom. Select light-colored containers, because dark containers absorb heat and could cause damage to the plants.

Other things to consider include:

Use potting soil in your containers. Some people prefer synthetic mixes that contain peat. Garden soil generally is not recommended, because it is too heavy and difficult to aerate.

Add either a slow-release or a complete organic fertilizer at the time of planting. Many people add liquid fertilizer to their watering can every time they water their plants.

Water frequently. Plants in pots and containers require more frequent watering than those in the ground.

Read the seed packet or plant tags to see how much sun or shade your plants require, and plan accordingly. For example, strawberries require 6 hours of sun/day.

Herbs such as basil, oregano, or parsley can grow outdoors or against a kitchen window.

You can share or trade your produce with your neighbors, increasing your bounty and building community!



Save the Date

16th Annual

# Healthy Living Festival

at the Oakland Zoo

*"Promoting Health and Wellness for Sixty+ Adults"*

Thursday, September 19, 2019

8:00 a.m. to 2:00 p.m.

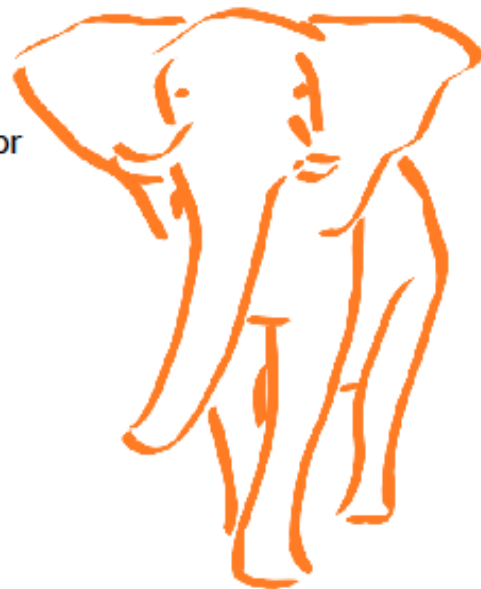
Fun, Friends, Health Screenings/Resources,  
Great Music, Physical Activity, Lunch, Medication Take Back,  
The Zoo & More!

**\*\*This event involves a lot of walking and encourages participants to be physically active. If you have a medical condition and/or have mobility challenges, please consult your doctor and/or bring an attendant to assist you.\*\***

Join us as we take collective action to improve the quality of life for seniors throughout Alameda County. Together, we can make positive change!

Contact United Seniors  
for more information at (510) 729-0852 or  
email Mary at [Mary@usoac.org](mailto:Mary@usoac.org)  
or visit [www.usoac.org](http://www.usoac.org)

ORGANIZED BY





## Know Abuse Report Abuse California Association of Area Agencies of Aging



### Alameda County Long Term Care Ombudsman William Fasanya, OMBUDSMAN Field Manager

The Alameda County Long Term Care Ombudsman Program is looking for volunteers. If you are passionate about advocating for residents of long-term care facilities, are observant, reliable, and can use your interpersonal skills to help resolve issues, you may want to consider joining the Ombudsman team.

You and other volunteers will participate in a 36 hour volunteer training program and then spend a few hours a week helping people in need by responding to and investigating complaints.

For more information, please contact Andrea Hall at [ombuds@acgov.org](mailto:ombuds@acgov.org), or Phone (510) 383-5170.

**Upcoming training dates to be determined for September 2019.**



## **Beware of People Pretending to be from Social Security**

### **Sarah Kim-Lee, Social Security Regional Public Affairs Specialist**

Social Security is committed to protecting your personal information. We urge you to always be cautious and to avoid providing sensitive information such as your Social Security number (SSN) or bank account information to unknown people over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

There's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your SSN, on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your SSN is at risk of being deactivated or deleted. The caller then asks you to call a phone number to resolve the issue. People should be aware that the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a very few special situations, such as when you have business pending with us, will a Social Security employee request that the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at [oig.ssa.gov/report](https://oig.ssa.gov/report).

You can also share our new "SSA Phone Scam Alert" video at <http://bit.ly/2VKJ8SG>

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. Scammers try to stay a step ahead of us, but with an informed public and your help, we can stop these criminals before they cause serious financial damage.

## **Start on the Right Foot this Summer: Healthy Feet and a Healthy Life! & Step-Up and Join Medication Safety!** Andrea Escobedo, M.S., Fall Prevention Coordinator, Marjory Tilley, Medication Safety Program Manager, Senior Support Program of the Tri-Valley



Our feet may be small in comparison to the rest of our body but with 26 bones and 33 joints, our feet serve as a foundational support for balance, mobility, and overall health. Changes in our feet can serve as preliminary indications of underlying health conditions. Skin texture changes, open sores that will not heal, and/or circulatory issues can be an indicative sign of metabolic conditions such as diabetes. Foot edema (increased fluid retention) can result from medication side effects or underlying cardiac and kidney issues. Stand up for your feet! Routine foot checks, proper medication management of chronic conditions, and increased physical activity are needed for a healthy life!

Start on the right foot this summer with these preventive tips for proper foot health and hygiene:

### **Preventive Measures:**

- Have your healthcare provider examine your feet annually to check for abnormal changes, open sores/blisters or any foot condition causing pain or discomfort.
- Visit your healthcare provider to address ingrown toenails, skin blisters/cuts that will not heal, or corn/calluses. Never attempt to file corn/calluses on your own, infections or additional damage can occur to the foot.
- Wear appropriate footwear, choose shoes that fit comfortably with a non-slip sole and a thick cushioned heel.
- Have your medication reviewed: certain high blood pressure medications, nonsteroidal anti-inflammatory drugs, and diabetes medications can cause foot edema.

### **Daily Foot Care and Hygiene**

- Keep your feet clean and dry: wash your feet with mild soap and dry thoroughly especially in between your toes.
- Keep your skin soft and smooth: apply lotion on the entire foot, avoid in between the toes. Allow lotion to completely absorb into skin before putting socks and shoes on.
- Trim nails regularly: cut nails straight across to avoid ingrown toenails. Visit your healthcare provider if you have difficulty cutting your nails or have a medical condition impeding your abilities to do so.
- Increase circulation: elevate your feet while resting, increase physical activity, and avoid smoking.

## Start on the Right Foot this Summer (Continued)

Never walk barefoot: protect your feet from both hot and cold surfaces.

Adequate foot health and hygiene are crucial for overall health, independence, and mobility. Contact your healthcare provider to address any foot issues or conditions.



### Step-Up and Join Medication Safety!

“Medication often has a negative connotation associated with it, sometimes even dread.” Forty-seven percent of individuals polled responded that they would rather take the trash out, get a shot in the arm or get a cavity filled than take their medication.

Many older adults need to take medication to treat chronic health conditions. Sticking to your medication regimen as prescribed by your health care provider is important and can prevent your health condition from getting worse.

Taking medication as prescribed by your health care provider can prevent an adverse drug event, ADEs. Non-adherence issues (not taking medication as prescribed) often require escalation to another level. ADE's are increasingly common because of the increase in prescription drug use.

Having an accurate, current record of your medication, is vital. The record should be shared often with all your health care provider(s) and family members.

The Personal Medication Record is an important document during an emergency and should include all over-the-counter medications, vitamins and any natural remedies.

Get organized and step up your healthy living this summer by joining a medication safety program. Medication Safety programs are available to assist older adults in Alameda County.

Older adults are encouraged to **Join Medication Safety!** each year. The benefits include: a current medication record, assistive devices, a medication interaction report, safe disposal guidelines, education and sensible routines to better manage your medication.

To locate a **Fall Prevention** or **Medication Safety** program near you, older adults in Alameda County can contact Carol Powers, Senior Injury Prevention Coordinator, EMS, (510) 667-2050

Information Sources:

National Institute on Aging: AgePage Foot Care: [www.nia.nih.gov](http://www.nia.nih.gov)

American Diabetes Association: Living with Type 2 Diabetes: [www.diabetes.org](http://www.diabetes.org)

Institute for Preventive Foot Health: Foot Care Essentials: [www.ipfh.org](http://www.ipfh.org)

Agency for Healthcare Research and Quality: [www.ahrq.gov](http://www.ahrq.gov)

HealthPrize: [www.healthPrize.com](http://www.healthPrize.com)

Senior Update  
Area Agency On Aging  
Advisory Commission on Aging  
6955 Foothill Blvd, Suite 300  
Oakland, CA 94605-1907

Phone: 1-800-510-2020

Fax: 510-577-1962

## Senior Information

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### We're On The Web!

[http://www.alamedasocialservices.org/public/services/elders\\_and\\_disabled\\_adults/aaa.cfm](http://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/aaa.cfm)

**Senior Update Editorial Board: Donna Ireland, Sarah Kim-Lee, Delbert Walker, Jose Villaflor**

### Dates to Remember:

**Independence Day**– July 4,

**Labor Day**- September 2

**Grandparents Day**– September 8

**Healthy Living Festival**– September 19  
**Oakland Zoo**

**First Day of Fall** - September 23

### Upcoming Meetings:

**ACA Meeting**– July 8, 2019

**ACA Meeting**– August 12, 2019

**ACA Meeting**– September 9, 2019

Alameda County Social Services Agency

Are you 55 years of age or older AND Live in Alameda County?

IF YOU ANSWERED YES...

**WE NEED TO HEAR FROM YOU!**

Alameda County Area Agency on Aging is conducting a consumer survey in preparation of the 2021-2024 Countywide Plan for Older Adults.

The Area Agency on Aging (AAA) is conducting a survey for Older Adults. This survey is to help gain perspective on what community components are important for the development of the Countywide Plan for Older Adults. The information collected will be used to shape future programs and services.

If you are age 55 and older AND reside in Alameda County, please take a few minutes to fill out the survey:

<https://www.surveymonkey.com/r/HD7W82M>